



Above: Captain F. Matthew Straughan, new C.O. of NSA Mid-South, is piped over the side. Middle: Straughan (left) and Rear Adm. Annette E. Brown (right) congratulate Capt. Helen F. Dunn on her service. Below: the trio partakes in the traditional Navy cake-cutting following the ceremony.

NSA Mid-South welcomes Straughan to helm in change of command

Photos by Warren Roseborough



Under the vintage wooden spans and colorful flags of the base's WWII-era gymnasium, Capt. F. Matthew Straughan accepted leadership of NSA Mid-South from Capt. Helen F. Dunn during ceremonies last Friday.

Guest speaker was Rear Adm. Annette E. Brown, commander, Navy Region Southeast. Brown highlighted Dunn's legacy of maximizing financial and manpower resources during her tenure at NSA Mid-South, citing a long list of cost savings and new construction projects under her leadership.

"Your effective implementation of 'best business practices' throughout your command produced profound and lasting improvements in programs, policies and the quality of life for all who live and work aboard this fine installation," Brown said to Dunn during her speech.

Brown went on to congratulate Dunn on her next duty in Annapolis, Md., where she will serve as deputy/chief of staff for the U.S. Naval Academy. "We know that you are a great sports fan, and you'll have every opportunity to indulge yourself at the Naval Academy," she said. "You can enjoy watching the mids compete in everything from lacrosse to volleyball and from wrestling to swimming, with a whole lot of football on the side."

Welcoming Straughan, the admiral pointed out an important piece of the new commanding officer's Navy dossier: Straughan was

responsible for directed the establishment and training plan for Joint Task Force – Guantanamo Bay 6.0 individual augmentee mission. "This is a very historic event for the Navy, as it represents the first time that Sailors have been tasked with the care and feeding of detainees during wartime," Brown said. "In less than two weeks, [Straughan] formulated the training timeline, reserved billeting and training space, developed the syllabus and validated the concept of the operation. The end result was over 600 masters-at-arms fully trained to support the GITMO mission. Ladies and gentlemen, I can assure you that NSA Mid-South will not miss a beat when it comes to outstanding leadership."

Straughan said, "I am very glad to be here. Having worked at the Southeast Region headquarters for the last two years, I know what a great command NSA Mid-South is. I look forward to working with the Mid-South staff, the tenant commands who are our customers and our reason for existing, and the local community, who has continuously supported the Navy for over 60 years."

As one who calls Georgia "home," Straughan continued that he welcomed the chance to return to the South. "I have to say that it is nice to be assigned to a location where I am not the one considered to have an accent. It is also nice to know when I order ice tea, it will be sweet."

Newsbriefs

New info on TRICARE Web site

New TRICARE Reserve Select (TRS) health plan materials have been added to the TRICARE Web site. Beneficiary education and staff training materials are being added weekly, so be sure to check the site often for the most current TRS information. Recent materials added include a TRS brochure, updated Frequently Asked Questions, and a TRS briefing with speaker's guide and suggested uses. It is important for National Guard and Reserve families to know about this new TRICARE benefit in order to make an informed health care choice. The TRS Web site is located at <http://www.tricare.osd.mil/reserve/reserveelect/index.cfm>. Once there, you can subscribe to any or all of the services, including the TRICARE Reserve Select e-mail update service.

Health Clinic closing

The Naval Branch Health Clinic will be closed on Saturday, July 3, in honor of the Fourth of July holiday.

Lowe's discount to military

Lowe's home-improvement store chain is offering all active, Reserve and retired military personnel and their immediate family members a 10- percent discount on in-store purchases made during the July 4 holiday weekend. The discount is available in Lowe's stores today through July 4 on all in-stock purchases

up to \$2,000 (excluding special order and on-line sales) with a valid military ID. "The men and women who serve in the U.S. armed forces are the reason America is able to observe Independence Day," said Larry D. Stone, Lowe's senior executive vice president for operations. "Offering a discount to [these] military personnel is another way we at Lowe's can express our gratitude."

NMCRS closing

The Navy-Marine Corps Relief Society Millington office will be closed on Tuesday July 5, 2005 in observance of the July 4th holiday. The Thrift Shop will be open.

'Operation Red Flag'

Feel the adrenaline as you fly with a young F-15 Air Force pilot in *Fighter Pilot: Operation Red Flag*, now showing in the IMAX® Theater of the Pink Palace Museum. "Red Flag" is the final training phase before pilots are sent into actual combat, and this giant-screen film is the closest you'll ever get to a ride in the world's greatest fighter jet. The film features 20 American F-15E Strike Eagles, European-built Tornados, Israeli F-16s, Canadian F-18 Hornets, and British Harrier jump jets. For general IMAX information and show times, call (901) 763-IMAX or visit the web site at www.memphismuseums.org. For more information and reservations, call (901) 320-6362.



FIRE IN THE SKY
SATURDAY, JULY 2 AT NAVY LAKE
5 PM • FOOD • FUN • FIREWORKS
FINE MUSIC • FREE!

Jesse Wynn photo illustration

Base Housing sends summer reminders for responsible pet ownership

From the Base Housing Office

If your pet stays outside the majority of the time, please make sure that it has plenty of water to drink and shelter from the hot summer sun.

All residents would like to enjoy the smells of summer, like fresh-cut grass, blooming flowers, and sunscreen. So please remember to clean up pet wastes daily. Do not place the waste

in your trashcan unless it is secured in a bag ... let's remember to be thoughtful of those who pick up our trash.

Please be courteous of your neighbors if your dog is a "barker." Take your dog inside at night or during the day if it tends to bark while you are away. Remember that your dog or cat must be on a leash if outside the fenced area of your home. Pets should not be tied or staked to shrubs, flowerbeds, carport support posts, clotheslines, decorative railings, trashcan holders, gas meters, air conditioning compressors, pipes, or outside hose bibs. *Resi-*

dents will be required to reimburse the government for repairs to any of these items.

In addition, pets should not be tied or confined to the front of the quarters.

A final reminder: ALL pets must be registered with the base veterinarian. A microchip is required for identification, and this can be accomplished with the base vet. Residents should then register their pet with the Security Pass and Decal Office at Bldg. S-456.

Commentary

Captain's log

Hello, Navy Mid-South!
On behalf of my family and myself, I would like to thank everybody for the wonderful and warm welcome to Millington. You have all made us feel like we are already at home here.

I have heard so many great things about Naval Support Activity Mid-South, Millington, and the Memphis area, and from what I've experienced so far, they are all true. I am looking forward to working with the NSA Mid-South staff, our tenants and the surrounding communities to provide the best support possible to our customers on the installation.

My goals for NSA Mid-South, at this point, are simple: Provide the best and most efficient services we are capable of. We must look for innovative ways to provide these services. If you have suggestions on how we might better serve the base and the community, please send them up the chain of command. We appreciate all input.

As we head into the holiday weekend, I ask that you keep some things in mind as we celebrate America's independence.

First, and foremost, be safe. We have all heard about the dangers of drinking and driving, but there are so many other ways to ruin your weekend, or maybe your life. Drinking and water sports do not mix. If you are going to consume adult beverages, be responsible. A life-altering, or ending, accident only takes a millisecond, but lasts forever.

Another tragedy of the season is the number of injuries from fireworks. Children (and many adults) should be supervised. Please, if you have any doubts, leave the fireworks to the professionals. And as a reminder, personal fireworks are not allowed on base.

On the subject of fireworks, I have already heard that the Freedom Celebration at Navy Lakes is the best

show in the area. Although this will be my first time attending, I am proud that we are a part of it. Bring a picnic basket and a blanket and enjoy the show. There will also be food and refreshments available for sale, but if you want beer you will have to bring your own. There is more information in this issue of *The Bluejacket*, or you can call MWR at 874-5555.

The second item I encourage everyone to think about on this holiday, and every day, are the men and women who have fought, and continue to fight, to preserve our freedoms and liberties. Let's also take a moment to remember our men and women who are in harm's way this Fourth of July. They are truly representative of what makes this such a great country.

So have a great weekend, celebrate our heritage of freedom and come back safe.



Straughan

Chaplain's corner

Thoughts about God and country

By Chaplain Rob Beede

Our great nation has had an illustrious history coupled with a spiritual heritage. Below are some quotes from past American presidents speaking about the relationship they believed to exist between God and our country. Please consider their thoughts as we celebrate the birth of our United States on July Fourth.

We have been the recipients of the choicest bounties of Heaven. We have been preserved, these many years, in peace and prosperity. We have grown in numbers, wealth and power, as no other nation has ever grown. But we have forgotten God. We have forgotten the gracious hand, which preserved us in peace, and multiplied and enriched and strengthened us...

— Abraham Lincoln

America was born a Christian nation. America was born to exemplify that devotion to the elements of righteousness, which are derived from the revelations of Holy Scriptures. Part of the destiny of Americans lies in their daily perusal of this great book of revelations. That if they would see America free and pure

they will make their own spirits free and pure by this baptism of the Holy Spirit. — Woodrow Wilson

Oh! Almighty and everlasting God, creator of Heaven, earth and the universe: Help me to be, to think, to act what is right, because it is right; make me truthful, honest and honorable in all things; make me intellectually honest for the sake of right and honor and without thought of reward to me. Give me the ability to be charitable, forgiving and patient with my fellow men -- help me to understand their motives and their shortcomings -- even as thou understandest mine! Amen, Amen, Amen.


— Harry Truman

... We may reverently invoke and confidently expect the favor and help of Almighty God — that he will give to me wisdom, strength, and fidelity, and to our people a spirit of fraternity and a love of righteousness and peace.

— Benjamin Harrison

Happy 4th of July!

— Chaplain Rob Beede



Protecting Yourself in the Sun

Sunlight contains ultraviolet (UV) radiation, which causes premature aging of the skin, wrinkles, cataracts, and skin cancer. The amount of damage from UV exposure depends on the strength of the light, the length of exposure, and whether the skin is protected. *There are no safe UV rays or safe suntans.*

Skin Cancer

Sun exposure at any age can cause skin cancer. Be especially careful in the sun if you burn easily, spend a

lot of time outdoors, or have any of the following physical features:

- Numerous, irregular, or large moles.
- Freckles.
- Fair skin.
- Blond, red, or light brown hair.

Self-Examination

It's important to examine your body monthly because skin cancers detected early can almost always be cured. The most important warning sign is a spot on the skin that is changing in size, shape, or color during a period of one month to one or two years.

Skin cancers often take the following forms:

- Pale, wax-like, pearly nodules.
- Red, scaly, sharply outlined patches.
- Sores that don't heal.
- Small, mole-like growths—melanoma, the most serious type of skin cancer.

If you find such unusual skin changes, see a health care professional immediately.

The sun exacts a price too high for some

By Julia Wallis

Just about everybody who looks like me played Russian roulette with the sun when they were young and stupid. Doughy-pale as white bread, we oiled up, spread our towels out and lay down in the high noon heat to fry like hot dogs.

But something happened in my close family, twice, that finally convinced me it was going to be necessary to kiss the sun goodbye. The "something" was melanoma.

Only nerdy geeks think about mela-whatcha-callit when they're young. And yet for me, there it was: a family history of the deadly skin cancer to deal with, lurking and hissing at me every time I went outside.

Once I had a lady boss who was bragging to me about her own personal bakefest the previous weekend. I felt compelled to speak. "If you keep doing that, your skin will look like leather when you're a little older ... not to mention you're inviting skin cancer," I said. "Who cares," she snorted. "I want to look good NOW. If it kills me tomorrow, I'll be a beautiful corpse."

One summer when I was a young kid, my mother and I were at my

grandma's house in the country. There was no city water system or indoor plumbing, so Grandma's usual daily bath was out of a metal washpan. As a farmer's daughter and then a farmer's wife, Grandma had spent nearly her whole life in the sun.

One morning she came into the livingroom, having bathed and dressed, and called my mom over to her. The memory of what I saw next from across the room is still crystal clear. Grandma pulled down the waist of her workaday skirt, and what had been a light brown birthmark splattered across her hip was now purplish-black and evil looking. Shocked and scared, my mom (a registered nurse) asked her, "When was the last time you looked at it?" "I don't know, maybe two weeks ago in the mirror," Grandma answered. "It sure didn't look like this."

The skin had gone bad in a very short time, and even though this was 40 years ago when everyone's medical knowledge was much more basic, we sensed what we were seeing was not good. Though Grandma wasn't in the habit of letting the sun shine on her birthmark, somehow the cancer had found its way there and settled in.

The doctor told Grandma the next day that it was indeed melanoma, that

there was a chance it had eaten straight through to her stomach, and that if the operation did not take, she would have about 10 months to live.

But Grandma was a rare one that slipped from melanoma's grasp. She lived to be 92, saying that "if cancer beat her, it hadn't beaten her by much." Little did she or any of us know the day she went to heaven that her young granddaughter would be joining her there within two years.

When my first cousin Jeanie and her sister were growing up, my aunt and uncle took them, and the speedboat, to the lake -- every weekend, all summer. The lake was the place to be, and lobster skin was a badge of cool. The girls would return Sundays burnt to a crisp, and I was very jealous. Jeanie was well-programmed, so in adulthood she carried on the sun = fun mindset as a way of life.

When she was 38, she and her sister started a weight-losing contest. Kelly got frustrated that Jeanie was losing like gangbusters, until Jeanie began to notice that she couldn't seem to stop. Shortly thereafter the doctor discovered a mass in her abdomen and told her it was a rare form of melanoma that grew internally, giving no sign of itself on the skin's surface.

Jeanie died at age 39, leaving a loving husband and 12-year-old son behind. It rocked me to the core that someone I had played with as a baby had gone before me, and with cancer.

Of course, we will never know for sure if the sun was guilty of killing my cousin and nearly taking my grandmother. All I know is that when I see them in my mind, I see combined decades of burnt, burnt skin. To Grandma, it came with the territory; to Jeanie, it was something to be pursued with a vengeance.

I'm sure that before everything came down on her, Jeanie would have given a high-five to my old boss when she joked about her suntanning. As always, no one that young and full of life is ever really on the lookout for a joke so grim to come true.

Quote noted



That's an amazing invention, but who would ever want to use one of them? -- Rutherford B. Hayes, U.S. president, about the telephone

Hope is not the conviction that something will turn out well but the certainty that something makes sense, regardless of how it turns out. -- Vaclav Havel, Czech president

Well, there doesn't seem anything else for an ex-president to do but to go into the country and raise big pumpkins. -- Chester Allen Arthur, U.S. president (21)

When I was a kid, I used to imagine animals running under my bed. I told my dad, and he solved the problem quickly. He cut the legs off the bed. -- Lou Brock, U.S. baseball player

If you can't answer a man's argument, all is not lost; you can still call him vile names. -- Elbert Hubbard, U.S. writer

The Bluejacket

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|---------------------------------|---------------------------------------|
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| Public Affairs Officer | David W. Crenshaw |
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An EA-18G flight simulator trailer is set up by Boeing representatives in the Helmsman Complex parking lot.

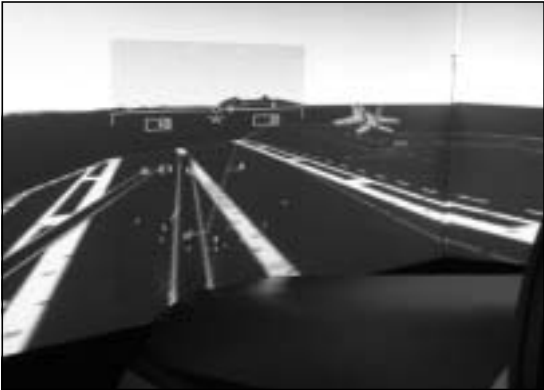
The feel of flight in new Navy simulator gives visitors a thrill known only to pilots

Story and photos
by Wayne Smith

Last week a long semi-truck was spotted in the Helmsman Complex parking lot. The van contained a flight simulator of the Navy's new EA-18G aircraft. Detailer Cmdr. Tim Murphy, Navy Personnel Command, arranged the visit. Visitors were allowed to experience the feel of flight that afternoon.

The EA-18G airborne electronic attack (AEA) aircraft replaces the E-6B Prowler. The EA-18G combines the proven platform of the F/A-18F Super Hornet, a fighter/attack craft, with improved electronics and the capability to perform a wide range of missions.

The EA-18G contains a two-man crew in the twin engine aircraft, manufactured by Boeing. AEA electronics are installed in a gun bay pallet and



A Navy carrier flight deck is reproduced electronically on the projection screen, providing a close simulation of actual flight and landings.

wingtip pods. This allows the craft to carry both weapons and jamming

electronics to provide suppression and attack of communication threats.



The aircraft's virtual flight path, reacting to the cockpit controls in the simulator, is displayed on the screen.



The "pilot" even gets a quick glimpse of himself in the cockpit during flight.



Banking turns produce a slanted view of the horizon.

FFSC sponsors Workforce Essentials Employment Program, other classes

Spouse Employment Program Orientation
July 6, 12-1 p.m.
FFSC Classroom 2

The Spouse Employment Program Orientation provides information about requirements, qualifications, and participation in the Workforce Essentials Spouse Employment Program. Call 1-800-474-3042 to schedule an appointment. This orientation is open to all military spouses.

Interviewing Workshop
July 6, 2-3:30 p.m.
FFSC Classroom 2

The Interviewing Workshop provides extensive training to assist in learning what to do and what not to do in an interview. Includes basics such as what to wear and bring, and advanced information including how to answer tough questions.



Résumé Writing Workshop
July 7, 9-11 a.m.
FFSC Classroom 2

This in-depth Résumé Writing Workshop teaches résumés from the ground up. Learn about different types of résumé formats, and how to write a résumé and cover letters. Create a résumé or bring your current résumé, and receive one-on-one assistance to make it dynamite!

These workshops are open to all active duty, Defense Department employees, retirees and eligible family members. Unless otherwise stated, call 874-5075 for information on registering.

NEX sales flyers now available online

NNS

Authorized military exchange customers can now view Navy Exchange sales flyers online at www.navy-nex.com.

"We've received many requests from our customers to put our sales flyers online," said Mike Conner, Navy Exchange Service Command's (NEXCOM) marketing director. "In addition, for those authorized customers who don't receive the sales flyer in the mail, this gives them the opportunity to see what's on sale in our stores each week."

Once logged onto the NEXCOM Web site, customers are asked to

select their nearest Navy Exchange. Once chosen, a full-color sales flyer can be viewed. Customers have the option of previewing the current or following week's sales flyers.

New flyers will be posted on the site every Monday.

Customers in the continental United States and Hawaii also have the option of signing up to have a sales flyer mailed to their homes.

Also available on the site is a new section called "Customer Forum," which provides customers an opportunity to provide feedback and view NEXCOM responses.

For related news, visit the NEXCOM Navy NewsStand page at www.news.navy.mil/local/nexcom/.

July 4 message from Naval Safety Center

**From Rear Adm. Richard Brooks
Commander, Naval Safety Ctr.**

This Fourth of July marks 229 years since our forefathers drafted the Declaration of Independence. That document declared the colonies' freedom from England, and today we often celebrate our freedom with outdoor barbecues, summer fun, and visits to family and friends.

As we prepare to enjoy the upcoming Fourth of July weekend, we must continue to honor the sacrifices made by our men and women who helped build — and continue to defend — our great nation. Our liberty is a beacon that shines throughout the world. Over the past few years we have been reminded that the freedom we all enjoy carries a high price.

Those of us in the Department of the Navy must maintain a readiness posture to answer all challenges and defend against threats to our way of life. That readiness includes mitigating risks from unsafe practices, on or off the job. Loss of life and serious injury due to unsafe actions directly impacts our ability to deal with those forces threatening us or our global allies.

Over the 4th, I ask you to look out for one another. As we enjoy the long Fourth of July weekend, I ask that you use common sense before you engage in any activity. Be well-rested before driving long distances. When outdoors, drink plenty of non-alcoholic fluids, and use proper protection



against the sun. Do not overexert yourself when participating in sports, and wear proper personal protective equipment as required. Be careful when participating in water sports. Always have a partner, know tides and currents, and wear required personal flotation devices if required.

We are also responsible for looking out for ourselves and practicing risk management when making leisure activity decisions. Senseless deaths resulting from avoidable unsafe practices bring tragedy and sorrow to too many family members and friends. It also affects our readiness posture. Think before you act.

Have fun over the Fourth of July weekend.

One-year deadline to file TRICARE claims

By LIFELines Staff in support of TRICARE

TRICARE beneficiaries who file their own claims should remember that, with few exceptions, claims must be filed within one year of the date of medical service or from the date of discharge from an inpatient facility. Beneficiaries also have one year from the date they receive medication to file for reimbursement of pharmacy claims.

Additionally, the one-year filing deadline applies to those who file on behalf of individuals with other health insurance (OHI). The deadline applies to TRICARE Standard beneficiaries as well as to TRICARE Prime enrollees who obtain emergency or urgent care outside of the TRICARE region in which they are enrolled. TRICARE Prime and Extra providers are required to file claims on a beneficiary's behalf, and must also meet the one year requirement.

TRICARE beneficiaries who use non-network pharmacies to obtain their prescription drugs pay full price at the pharmacy and then must file a claim to obtain reimbursement.

Beneficiaries have many options for obtaining a claim form (DD 2642): from a TRICARE Service Center, Beneficiary Counseling and Assistance Coordinator or Health Benefits Advisor at their military treatment facility; by mail from the TRICARE Management Activity, 16401 East Centretech Parkway, Aurora, Colo. 80011-9043; or online at www.tricare.osd.mil/claims.

By law, OHI held by TRICARE beneficiaries must be the first payer for covered benefits, including covered pharmacy services. TRICARE pays first, however, when prescriptions not covered by OHI are covered by TRICARE or when OHI coverage is exhausted. In either case, beneficiaries must obtain an Explanation of

Benefits (EOB) from the OHI indicating their OHI does not cover the medication or that the benefit limits of the OHI have been reached.

Beneficiaries must submit a DD 2642 form with the EOB, a copy of the itemized bill and, if a drug claim, a copy of the prescription to the appropriate TRICARE contractor for reimbursement.

Exceptions to the one-year timely claims filing deadline apply if one or more of the following situations occur:

- The beneficiary was TRICARE-eligible at the time of service, but eligibility was not reflected on the Defense Enrollment and Eligibility Reporting System until after the timely filing limit;
 - Retroactive preauthorization was received after the timely filing limit expired;
 - TRICARE Management Activity or the regional contractor made an administrative error;
 - A legal guardian responsible for managing the affairs of a mentally incompetent patient, or a patient who is unable to communicate, was appointed after the timely filing date was reached;
 - The provider submits the claim as a TRICARE-participating provider after changing from a non-participating provider;
 - The patient submitted a claim to their OHI in a timely fashion and the insurance plan was responsible for a delay beyond the one-year filing date; or Medicare accepts TRICARE for Life claims as timely.
- For more information on exceptions to the one-year timely claims filing deadline and for claims requirements, beneficiaries may visit <http://www.tricare.osd.mil/claims>. For additional information on where to file claims, beneficiaries should go to <http://www.tricare.osd.mil>, and click on their specific TRICARE region.

Promotions and awards

Hospital Corpsman Chief Manuel Arreola (left), Retired Activities Office program manager (PERS-675), was recently awarded a Navy and Marine Corps Commendation Medal by Captain Robert Luka (PERS-67). Arreola's new assignment is Naval Hospital, Sigonella, Italy.



JO2 Amie Hunt photo



Wayne Smith photo

Virtual counseling tool will help Sailors use SMART

NNS

The Navy College Program (NCP) added a new tool to their Web site in June that is designed to guide Sailors and Marines in their quest for college credit for military experience.

The Sailor/Marine Online Academic Advisor (SMOLAA) is a virtual counseling tool that eases online navigation and helps compile college credit for Navy courses and experience for the Sailor/Marine American Council on Education Registry Transcript (SMART).

"SMOLAA actually speeds up the SMART process," said Dr. Jeffrey Cropsey, voluntary education director for the Naval Education and Training Command. "This new virtual tool will allow Sailors and Marines to literally see how their credit for experience and training is applied to certain degree programs with the Navy's partner schools. In just a matter of seconds, a complete academic evaluation for the school of choice will appear on screen with their credits applied."

This new concept promises to expedite the process of receiving college credits with 18 accredited colleges that have partnered with the Navy through distance learning. Sailors and Marines can use the tool to develop their own degree program with the school of their choice.

Since SMART was introduced in 1999, more than three million transcripts have been downloaded.

"SMOLAA really takes SMART to the next level," Cropsey added. "And Sailors will be able to do this from their work station, their home, aboard ship, or any other location that has Internet access."

Cropsey feels SMOLAA is coming online just at the right time for Sail-

ors.

"The Professional Military Education Program Continuum is going to continue to require Sailors to take a serious approach to off-duty education," Cropsey said. "The Navy College Program is trying to stay one step ahead of the curve through our partnerships with college and universities for rating-related degrees and advanced education."

CSCS (SW) Jose Ramirez, USS Ronald Reagan (CVN 76), command managed equal opportunity officer, is nearing completion of his degree program for a liberal arts degree. Ramirez is a big supporter of SMART.

"The SMART transcripts provided a clear and thorough acknowledgment of my Navy training to the college in which I am enrolled," Ramirez said. "It presented me and the college the necessary information needed to make an informed decision as to what course of study I should follow based on the number of credits recommended by SMART."

Ramirez was surprised how many credits he had actually earned through his Navy experience and training.

"SMART is easy to use and makes clear what degree you should follow, with the assistance of the college advisor," Ramirez said. "If it wasn't for SMART, I would have thought that I had a long way to go in completing my degree. The way SMART keeps track of your training has made it almost impossible not to get your education certified by any college."

Junior personnel are also making the connection for secondary education. QM2 Angela Golden, of Reagan's navigation department, has used SMART to formulate her degree plans. She is presently enrolled in an associate's degree program in education, with an ultimate plan of earn-

ing a bachelor of science degree in zoology.

"Before I was introduced to SMART, I was worried about how many classes I would need to take in college," Golden said. "My division officer informed me about many different programs the Navy offers for college-bound Sailors, SMART being one of them. When I walked in to the Navy College Office for the first time and downloaded my SMART transcripts, I was very excited when I saw what I was awarded for non-traditional training hours; it also made things a lot clearer to me. It told me exactly how many credits I have earned while on active duty and what area the credits would fall under. Once applied to a degree path, the SMART transcript basically fills in the blanks for you."

As more and more Sailors turn to the Navy College Center Web site to select their colleges and formulate their degree plans, SMOLAA will become the tool that guides them through the process.

"SMOLAA is another good perk for Sailors," Cropsey said. "Sailors will find that it is an easy-to-use tool to help them get the most from their Navy training and experience, and eventually reach their goal of obtaining a degree."

For more information on SMART and SMOLAA, visit the Navy Knowledge Online Web site at www.nko.navy.mil, or the Navy College Program Web site at <https://www.navycollege.navy.mil>.

For more information on the Naval Education and Training Command, visit <https://www.netc.navy.mil>.

For related news, visit the Naval Education and Training Command Navy NewsStand page at www.news.navy.mil/local/cnet/.

Captain Helen F. Dunn (right), former commanding officer, NSA Mid-South, presents the Navy and Marine Corps Achievement Medal to **MA3 Jeremiah L. Black** for his professional achievement as harbor security boat coxswain while assigned to the Security Department, U.S. Naval Support Activity, Souda Bay, Crete, Greece from March 2003 to April 2005. Black's dedication to ensuring the safety and security of U.S. NATO and allied vessels transiting Souda Bay were vital during the drastically increased operational tempo of the Global War on Terrorism.

Black conducted patrols and waterborne escorts for 500 U.S. warships and maritime pre-positioned ships with 150,000 embarked military and civilian personnel, carrying 800,000 tons of supplies and war material through Souda Bay's harbor in direct support of ongoing operations. During the height of major combat operations in spring 2003, Black's harbor security boat crews safeguarded unprecedented numbers of vessels transiting to and from the Southwest Asian theater. His exceptional ability, personal initiative, and devotion to duty were in keeping with the highest traditions of the United States Naval Service.

Other awards

Certificate of Appreciation (Navy-Marine Corps Relief Fund Drive)

NCC Jon Monteleone, NCC
DCC Scott Ziegler, Security
DC1 Parish Kimble, Security

MA2 Treva S. Christian (second Award)

Letter of Appreciation

Debra Howze, Housing

Frocking

UT3 John C. Scott, Public Works
RP3(SW) LaRhonda White, Chapel Center

Good Conduct

CS1(SW/AW) James T. Dykes (fourth award)



I want YOU to say 'Uncle'

A July 4 blast from our nation's past: It is little wonder that George Campbell (above), a resident of the U.S. Soldiers' Home in Washington D.C. in the 1920s, was known to his friends and comrades as "Uncle Sam." This photo is from the U.S. Army Corps of Engineers' Office of History's photograph collection.

5 DAY BIBLE CLUB

ONE WAY

JULY 11 - 15, 2005 FROM 3 - 4 P.M.

NSA YOUTH CENTER

Missionary Story Bible Story Memory Verse

FREE for anyone K - 5th Grade. Your child **does not** have to be a member of the Youth Center to attend.

Registration is required.

Please sign up at the Youth Center.

For more information call The Chapel Center at 874-5341

This is a free non-denominational Christian program sponsored by the NSA Chapel Center in partnership with Child Evangelism Fellowship. This is not an MWR event. All children attending must have a permission slip signed by a parent or legal guardian (available at the Youth Center).

Legal Disclosure: The Navy, NSA Mid-South, the NSA Chapel Center, and any other part of the federal government officially endorse the Child Evangelism Fellowship of any programs, events, or their positions or services.